



News

Fort Carson soldier receives  
Soldiers Medal for rescue ef fots in  
Leadville.

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Holiday hours

Check out the extensive listing of  
holiday hours and events for  
Christmas and New Year s  
including listings for Army and Air  
Force Exchange Service and  
Directorate of Community Activities.

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Happenings



Snow at last. Hit  
the slopes and  
enjoy the powder at  
Colorado s ski  
resorts  
Page B1

Severe weather hotline

Fort Carson community members  
can check reporting times and post  
closure status by calling the severe



Photo by Spc. Bryan Beach

Sergeant Gail Bullock, right, 360th Transportation Company, goes over the instrument panel  
of a humvee with Spc. Julia Smith, 4th Finanice Battalion, Dec. 7 at the 68th Corps Support  
Battalion’s Drivers’ Academy.

Soldiers get license to drive

by Spc. Bryan Beach  
Mountaineer staff

At what distance from a stop sign is a vehicle  
supposed to begin braking? What is a safe distance  
for vehicles to follow behind another vehicle dri-  
ving down the road? Don’t know? Well then, the  
68th Corps Support Battalion Drivers’ Academy  
may have the answers.

As of the first of October, the 68th CSB began  
the classes for soldiers assigned to any of the units  
under the battalion’s command that are arriving to  
Fort Carson and have no previous military driving  
experience. The courses are intended to license and  
orient the new soldiers to Colorado driving condi-  
tions and Fort Carson regulations and standards.

The course is 80 hours of instruction and takes two  
weeks to complete. The academy also offers a one-  
day, eight-hour orientation course for soldiers with  
previous duty experience but who need to be famil-  
iarized with local conditions.

“With the Army downsizing, you’re going to  
see a lot more junior ranks driving (military) vehi-  
cles. A lot of staff sergeant slots were downgraded.  
Our challenge in the future is on training, licensing  
procedures and holding drivers accountable,” said  
Command Sgt. Major Everette Coppock, command  
sergeant major of 68th CSB.

“The drivers’ academy highlights certain areas  
of training. Once the soldier goes back to their  
company, the master driver at the company is  
responsible for further training and licensing. The  
program is for new soldiers arriving at Fort Carson  
who have no military experience,” said Coppock.

Soldiers who arrive at the Mountain Post go to  
their specific units and complete in-processing.

Then, those units temporarily assign those new sol-  
diers to the drivers’ academy for two weeks. During  
that time, the soldiers not only learn about vehicles  
and driving conditions in Colorado, but they also  
do physical training with the instructors, said Sgt.  
Antonio Torres, a battalion master driver and  
instructor at the drivers’ academy.

“It’s going pretty good. So far the rate of pass-  
ing soldiers has been 100 percent. We ask the sol-

diers to fill out critique forms and they all said they  
loved the course,” said Torres.

“The program itself is running pretty decent,”  
said Staff Sgt. Deborah Exley, noncommissioned  
officer in charge of the drivers’ academy.

“The soldiers are getting hands-on training and  
learning about Colorado state law and regulation  
requirements, winter driving, as well as meeting  
military standards. Of course, we’d like to see a lot  
more driving time. Here, we don’t give as much  
one-on-one, but we teach them the proper way  
things are to be done. At the units, the soldiers get a  
lot of one-on-one and specific vehicle training.

Here, the soldiers are coming out with a humvee  
(license), a five-ton (vehicle) driver’s license or  
both if their unit desires.”

“I thought it was interesting to learn about how  
to conserve oil and gas,” said Spc. Julia Smith from  
4th Finance Battalion who is half way through the  
class. “Things like, the average person will warm  
up their car for four or five minutes when actually a  
car only needs about 30 seconds (for the oil to  
lubricate the engine). I thought that was pretty  
interesting.”

“I think the classes are very thorough,” said  
Spc. Michael Janik, from 183rd Maintanance  
Company, who has prior military experience. “The  
classes cover basically everything about vehicles. I  
had a class at Fort Bragg, (N.C.), but it wasn’t any-  
thing like this. This class is much more thorough.”

“A lot of miles are needed for hands-on train-  
ing,” said Coppock. “We try to give it to the sol-  
diers, but it isn’t always easy. The state of Colorado  
handicaps two of our vehicles ... because of weight  
restrictions on interstates in Colorado. The only  
place soldiers can get experience with driving  
(these two types of vehicles) 100-percent-loaded is  
on range or at NTC (National Training Center at  
Fort Irwin, Calif.). We have to get innovative on  
our training since we are limited. The bottom line is  
that there is a set standard and we want to achieve  
at least that. We are all about setting the soldier up  
for success rather than setting the soldier up for  
failure.”

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# Commanders



Riggs

**"The acronym LDRSHIP ... spells out the Army Values, which are the backbone of today's Army."**

*"Values are at the core of everything our Army is and does. Your commitment to living and teaching the Army's core values is critical to our success today and tomorrow."*

**General Dennis J. Reimer**  
*Army Chief of Staff*

Leadership is the driving force behind mission success of the U.S. Army. The acronym LDRSHIP, taken from the word "leadership," spells out the Army Values, which are the backbone of today's Army. On Fort Carson, there are streets honoring Medal of Honor winners — soldiers who exemplified these values in battle. Perhaps some examples of real-life heroism will help make the point.

**Loyalty:** Bear true faith and allegiance to the U.S. Constitution, the Army, the unit and other soldiers.

Puckett Street is named for 1st Lt. Donald D. Puckett, 98th Bombardment Group. On July 9, 1944, near Ploesti, Rumania, Puckett's plane received heavy and direct hits from anti-aircraft fire. Puckett regained control of the plane and turned its direction over to his co-pilot. He calmed the crew, administered first aid and surveyed the damage. Realizing it would be impossible to reach friendly territory, he ordered his crew to abandon ship. Puckett stayed with three of the crew members who were unnerved from shock. He refused to

abandon the three men and was last seen fighting to regain control of the plane.

**Duty:** Fulfill your obligations.

Chiles Avenue is named for Capt. Marcellus H. Chiles, 89th Infantry Regiment. On Nov. 3, 1918, Chiles picked up the rifle of a dead soldier near Le Champy Bas, France, called upon his men to follow and led them across a waist-deep stream in the face of enemy machine-gun fire. Although mortally wounded, he refused to be evacuated until his battalion took its objective.

**Respect:** Treat people as they should be treated.

Barger and Funk Streets are named for Pfc. Charles D. Barger and Pfc. Jesse N. Funk, both of Company L, 354th Infantry, 89th Division. Near Bois de Bantheville, France, on Oct. 31, 1918, Barger and Funk learned that two patrols had been caught in "No Man's Land" and were unable to return. Barger and Funk made two trips 500 yards beyond friendly lines under constant enemy machine-gun fire and rescued two wounded officers.

**Selfless Service:** Put the welfare of the nation, the Army and subordinates before your own.

Roark Street is named for Sgt. Anund C. Roark, Company C, 1st Battalion, 12th Infantry, 4th Infantry Division. In the Republic of Vietnam, May 16, 1968, Roark's squad was engulfed by enemy automatic weapons fire. He moved toward the enemy, throwing grenades as he advanced. When an enemy grenade landed in the middle of his squad, he threw himself on it, saving his men at the cost of his own life.

**Honor:** Live up to all the Army values.

Martinez Street is named for Pvt. Joe P. Martinez, Company K, 32nd Infantry, 7th Infantry Division. On May 26, 1943, Martinez urged his

comrades on in the trench during a mortar fire on Attu. He was killed by enemy fire on both sides. In the trenches in front, he was killed by silencing several machine guns. In the pass, he encountered enemy fire. He was firing into it when he was killed. His valor helped take Attu. He ended hostile resistance.

**Integrity:** Do what is right.

Butts Road and Butts Lane are named for 2nd Lt. John E. Butts, 1st Infantry, 9th Infantry Division. He was wounded on June 10, 1950, while spearheading the attack across the Dogen River. He remained with his unit during an assault on a stubborn enemy position. He was critically wounded in the assault and made a frontal attack upon himself. Struck forward until killed. His objective was to take the hill.

**Personal Courage:** Face adversity, with courage.

Burris Street is named for K. Burris, Company K, 1st Infantry Division. In Korea, on Oct. 8, 1950, he volunteered to draw hostiles into a position. Wounded, he destroyed two enemy positions. He was mortally wounded.

We can all take the Medal of Honor with us to our everyday life. It is not negotiable and it must "be, know and do." Proud to serve!



## In memory

Fort Carson lost a friend and co-worker Nov. 19, 1997. Lizz Kalisch, who worked in the Fort Carson Public Affairs Office as Relations chief and Legislative Liaison from 1990 to 1997. Lizz Kalisch was a Colorado Springs native.

"Lizz was like a second mother to the (Fort Carson) community," said a member of the guard after her funeral at the Catholic Church in Colorado Springs.

Members of the Fort Carson Mounted Color Guard

# News

## Soldier honored

by Spc. Bryan Beach  
Mountaineer staff



**Jensen**

Sergeant Robert Jensen, from the 3rd Armored Cavalry Regiment, doesn't really consider himself a hero but his fellow soldiers do. He was nomi-

nated for the prestigious Soldier's Medal by his co-workers for his courageous actions during a helicopter crash Feb. 2.

The Soldier's Medal is the Army's highest noncombat award for risking one's own life in an effort to save the lives of others.

The Soldier's Medal was presented to Jensen by Maj. Gen. John M. Riggs, commanding general, at McMahon Theater Dec. 2 before a large crowd of Fort Carson soldiers.

Jensen was part of a UH-60 Black Hawk helicopter crew that was searching for utility wires near Leadville. Their mission was to identify utility lines in the area so they could plot a night flight path in con-

junction with a 10th Special Forces Group training exercise.

While flying through a valley identifying the power lines indicated on a map the crew had with them, the helicopter collided with a static wire, which is used to attract lighting, that wasn't shown on the map.

The collision severed the tail rotor off the Black Hawk causing the helicopter to fall more than 250 feet to the valley floor.

The crash rendered the entire crew unconscious. Jensen was the first to recover. He promptly called out to the pilots to turn off the engines and fuel lines to prevent a possible fire, but got no response from the pilots. Injured and in pain, he made his way to the control panel and turned off the helicopter's systems. Jensen, along with an injured passenger and nearby snowmobilers, worked together treating the other injured crew members and getting them out and away from the helicopter where they waited to be rescued.

All of the crew members have since recovered from their injuries.

## Garrison commander a Fort Carson housing wa

Garrison Commander's office

Initial placement on the housing waiting list is to be in accordance with the rules contained in AR 210-50, Housing Management. After initial waiting list placement, the following rules will apply:

- Soldiers placed on the family housing waiting list must validate all personal information maintained in the housing records (current unit assignment, duty telephone number, local telephone numbers and off-post arrangements) within 90 days, and every six months thereafter.

- Failure to validate housing status, at least once every six months, will result in the removal of a soldier's name from the active waiting list and placement into an inactive status. The soldier's name will remain in this inactive status for an additional six-month period. If the soldier validates the housing information during this second period, the soldier's name will be

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## Court s-martial

### Staff Judge Advocate Office

A private assigned to 43d Area Support Group was tried by Special Court-Martial for going AWOL on two occasions, wrongful use of marijuana, barracks theft and impersonating a noncommissioned officer. He pled guilty to all charges and was sentenced to forfeiture of \$500 pay per month for six months, 143 days confinement, reduction to the grade of E1 and a Bad-Conduct Discharge.

A private with the 3rd Brigade Combat Team was charged with AWOL, missing movement, wrongful use of marijuana and methamphetamines, and assault. He pled guilty at his General Court-Martial to all charges and was sentenced to forfeit all pay and allowances, confinement for 10 months and a Bad-Conduct Discharge.

A private two assigned to 3rd Armored Cavalry Regiment was tried by Special Court-Martial for desertion and wrongful use of marijuana. In accordance with his pleas, he was found guilty and sentenced to reduction to the grade of E1, forfeiture of \$200 pay per month for six months, confinement for 110 days and a Bad-Conduct Discharge.

A private first class assigned to the 43d ASG was convicted of wrongful possession of marijuana, wrongful distribution of both marijuana and cocaine, and failure to repair at a General Court-Martial. She was sentenced to reduction to the grade of E1, forfeiture of all pay and allowances, five years confinement and a Dishonorable Discharge.

A private assigned to 43d ASG was charged with wrongful possession and distribution of LSD on three occasions, wrongful use and distribution of marijuana on five occasions, contributing to the delinquency of a minor and AWOL. He pled guilty at a General Court-Martial to all charges and was sentenced to forfeit all pay and allowances, five years confinement and a Bad-Conduct Discharge.

A private assigned to 43d ASG was tried by Special Court-Martial for making two false official statements, stealing military property and breaking restriction. In accordance with his pleas, he was found guilty and sentenced to forfeiture of \$400 pay per month for six months, confinement for 50 days and a Bad-Conduct Discharge.

## Byrne tak Oregon en

Colonel Rayn  
command of the  
(Enhanced), Sun

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# Community

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## ACS volunteer maintains skills through volunteering

by Pfc. Socorro A. Spooner  
Mountaineer staff

How can a person keep computer skills current and volunteer at the same time? All a person needs to do is volunteer for a program offered at the Army Community Service building just like volunteer Ruby Aune, November's ACS volunteer of the month.

Aune has been volunteering at ACS for about two years, performing secretarial duties for the Exceptional Family Member Program. EFMP assists military families with special needs children with housing issues and unique health problems.

(Volunteering) is a way for me to keep up my skills as a secretary, said Aune.

ACS also helps volunteers by providing them with computer classes to keep them up to date with the outside computer world, said Aune. Some of the tasks Aune accomplishes throughout the day are filing, answering phones, writing the EFMP bi-monthly newsletter and customer service. Although Aune only volunteers about 10 hours a week, she also finds the time to assist Baby Bundles program by helping to make quilts.

(Volunteering) is a way to get out and meet people, said Aune.

(And) you don't have to volunteer lots of hours.

With this job, there is less stress than a regular job and the hours are flexible, said Aune. It is also a great way to work outside



**Ruby Aune, Exceptional Family Member Program, keeps up information on the Internet for the EFMP.**

the home for a few hours and work for a few hours. Aune works to maintain computer skills once a person decides to go back to the child.

## Rodeo board awards checks

Fort Carson's commanding general, Maj. Gen. John M. Riggs, passed out checks from the Pikes Peak or Bust Rodeo board recently. Checks were presented to (from left) Nancy Montville, Army Community Services; Mary Braxton, ACS; Marnie Fletcher-Hermes, ACS; Ted Reinbarger, United Services Organization; and Lucille Reading, Red Cross. The Pikes Peak or Bust Rodeo is one of the premier rodeos in the country.

Since 1946, \$.75 million dollars of the proceeds from the rodeo are distributed to military installations and related organizations in the Colorado Springs area.

\$7,000 was presented to ACS for holiday baskets; \$3,000 was presented to Fort Carson's Red Cross, and \$5,000 was earmarked for the Baby Bundles program in ACS. A total of \$10,000 was given to the USO Outreach program: \$5,000 from rodeo proceeds and \$5,000 from the Anna Keesling Ackerman Trust, administered by the rodeo board.



# COMMUNITY

## City Bus schedule

### Weekdays

Bus starts ends at Evans Evans	Bus leaves from PX	Bus leaves from PCCC	Bus leaves from Nevada & Southgate	Bus ends at downtown terminal	Bus starts at downtown terminal	Bus leaves from Nevada & Southgate	Bus leaves from PCCC
a.m.							
		5:45	5:58	6:10	5:45	5:52	6:08
5:53		6:15	6:28	6:40	6:15	6:22	6:38
6:22	6:27	6:45	6:58	7:10	6:45	6:52	7:08
6:53		7:15	7:28	7:40	7:15	7:22	7:38
7:22	7:27	7:45	7:58	8:10	7:45	7:52	8:08
7:53		8:15	8:28	8:40	8:15	8:22	8:38
8:22	8:27	8:45	8:58	9:10	8:45	8:52	9:08
8:53		9:15	9:28	9:40	9:15	9:22	9:38
9:22	9:27	9:45	9:58	10:10	9:45	9:52	10:08
9:53		10:15	10:28	10:40	10:15	10:22	10:38
10:22	10:27	10:45	10:58	11:10	10:45	10:52	11:08
10:53		11:15	11:28	11:40	11:15	11:22	11:38
11:22	11:27	11:45	11:58	12:10	11:45	11:52	12:08
11:53		12:15	12:28	12:40	12:15	12:22	12:38
12:22	12:27	12:45	12:58	1:10	12:45	12:52	1:08
12:53		1:15	1:28	1:40	1:15	1:22	1:38
1:22	1:27	1:45	1:58	2:10	1:45	1:52	2:08
1:53		2:15	2:28	2:40	2:15	2:22	2:38
2:22	2:27	2:45	2:58	3:10	2:45	2:52	3:08
2:53		3:15	3:28	3:40	3:15	3:22	3:38
3:22	3:27	3:45	3:58	4:10	3:45	3:52	4:08
3:53		4:15	4:28	4:40	4:15	4:22	4:38
4:22	4:27	4:45	4:58	5:10	4:45	4:52	5:08
4:53		5:15	5:28	5:40	5:15	5:22	5:38
5:22	5:27	5:45	5:58	6:10	5:45	5:52	6:12
5:53		6:15	6:28	6:40	6:15	6:22	6:42

### Saturday (no Sunday service)

a.m.					6:15	6:22	6:38
					7:15	7:22	7:38
6:53		7:15	7:28	7:40	8:15	8:22	8:38
7:52	7:57	8:15	8:28	8:40	9:15	9:22	9:38
8:53		9:15	9:28	9:40	10:15	10:22	10:38
9:52	9:57	10:15	10:28	10:40	11:15	11:22	11:38
10:53		11:15	11:28	11:40	12:15	12:22	12:38
11:52	11:57	12:15	12:28	12:40	1:15	1:22	1:38
12:53		1:15	1:28	1:40	2:15	2:22	2:38
1:52	1:57	2:15	2:28	2:40	3:15	3:22	3:38
2:53		3:15	3:28	3:40	4:15	4:22	4:38
3:52	3:57	4:15	4:28	4:40	5:15	5:22	5:38
4:53		5:15	5:28	5:40	6:15	6:22	6:38
5:52	5:57	6:15	6:28	6:40			
6:53		7:15	7:28	7:40			



Photo by Pfc. Socorro A. Spooner

## Snow in the Mo

An early morning  
in the new-fall  
Headquarters.  
warm temperatures  
arrived.



## Dental Corner

### Dental Activity

Fluoride is a compound of the element fluorine, which is found naturally throughout nature in water, soil, air and in most foods. Fluoride is essential to the human body for normal development and growth, especially in the formation of healthy bones and teeth. Fluoride is absorbed easily into tooth enamel especially in children's growing teeth. Once teeth are developed, fluoride makes the entire tooth structure more resistant to decay and promotes remineralization, which aids in repairing early decay before the damage is visible.

Water fluoridation is considered the most efficient and cost effective tooth decay prevention measure available. The Environmental Protection Agency has determined that the accepted optimal range of fluoride in water lies between 0.7 and 1.2 parts per million (ppm) or mg per liter. The limit allowed by the EPA in public water is 4 ppm. Fluoridated

water adhering to these standards has been scientifically established as safe for drinking. Water Fluoridation is endorsed by nearly every major health and safety related organization. Fluoridation of community water supplies is the single most effective public health measure to prevent tooth decay and to improve oral health for a lifetime.

Fluoride is also found in topical form. These products contain a strong concentration of fluoride to fight tooth decay. These products, including toothpastes and mouth rinses, are applied directly to the teeth and are then expectorated or rinsed from the mouth without swallowing. Dentists recommend brushing with fluoride toothpaste at least twice a day or after every meal, combined with a regimen of flossing and regular dental checkups.

Some children exposed to fluoride levels greater than 2 ppm may develop dental fluorosis, an unsightly cosmetic discoloring or mottling of the enamel, visible by chalky white

specks and lines on enamel on permanent teeth. Fluoride is also at greater risk of fluorosis or fluoride containing products. Exposure to drinking water for many years may result in serious bone disorders.

Colorado Springs has fluoridated and fluoridated water. Since Colorado water from many sources has fluoride in different locations, it is greatly depending on the drinking water. If fluoride is in your water, map at the Colorado Springs Water Department at 448-4560.

You should consult your dentist work at your child's dentist. Then, consult your dentist whether the amount of fluoride needed, your dentist

### Tooth talk

Lieutenant Col. Daniel Lavin talks with Rita Walston, a civilian employee at Army Community Service, about the level of fluoride in the water in her neighborhood in Colorado Springs.

A part of the Mountain Post Wellness Center's goal is fostering healthy lifestyles. Education and preventive medicine and procedures are a large portion of living a healthy lifestyle. To increase the awareness of dental health and customer satisfaction, Dental Activity provides a staff member in the wellness center on Wednesdays from 1 to 2 p.m. to talk about teeth. It's your chance to talk with the dentist without his hand in your mouth, and ask questions about dental insurance, new procedures, bonding and crowns.



# Holiday

## Fort Carson Commissary

Dec. 24, 9 a.m. to 3 p.m.  
 Closed Dec. 25  
 Extended hours Mon. through Fri. 9  
 a.m. to 8 p.m., Sat. 9 a.m. to 7:30 p.m. and  
 Sun. 9 a.m. to 5 p.m.  
 The Fort Carson Commissary offers

## Army and Air Force Exchange Service holiday hours

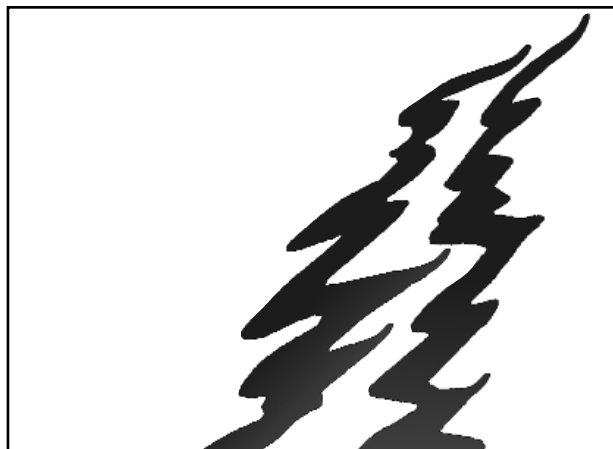
Service Station:  
 Closed Dec. 25  
 B Street Shoppette:  
 Dec. 24, 9 a.m. to 9 p.m.  
 Closed Dec. 25  
 Dec. 31, 9 a.m. to 10 p.m.  
 Jan. 1, 9 a.m. to 9 p.m.  
 Burger King:  
 Dec. 24, 6 a.m. to 7 p.m.  
 Closed Dec. 25  
 Dec. 26 and 27, 8 a.m. to 9 p.m.  
 Dec. 31, 6 a.m. to 8 p.m.  
 Closed Jan. 1  
 Jan. 2, 11 a.m. to 9 p.m.  
 Ivy Troop Shoppette:  
 Closed Dec. 25 and 26  
 Closed Jan. 1 and 2  
 Butts Field Shoppette:  
 Closed Dec. 20 to Jan. 3  
 Housing Shoppette:  
 Dec. 24, 8 a.m. to 6 p.m.  
 Closed Dec. 25  
 Dec. 31 and Jan. 1, 8 a.m. to 9 p.m.  
 Class Six:  
 Dec. 24, 9 a.m. to 6 p.m.  
 Closed Dec. 25 and Jan. 1  
 Class Six Annex:  
 Dec. 24, 11 a.m. to 5 p.m.  
 Closed Dec. 25 and Jan. 1  
 Main Post Exchange:  
 Monday, extended hours begin: Saturday 8

## DCA hours, Fort Carson commu

American Red Cross:  
 Closed Dec. 25  
 Alcohol and Drug Control Office:  
 Closed Dec. 24 to 25 and Jan. 1  
 Army Community Service:  
 Closed Dec. 24 and 25 and Jan. 1 and 4  
 Child and Youth Services:  
 Closed Dec. 24, 25 and 31 and Jan. 1  
 Community Recreation Division (AutoCraft  
 Center, Multi-Craft Center, WoodCraft  
 Center, Sporting Goods Store, Outdoor  
 Recreation Rental Center and Outdoor  
 Recreation Complex):  
 Closed Dec. 25 and Jan. 1  
 Normal holiday hours Dec. 31  
 Information, Tour and Travel:  
 Closed Dec. 25 and Jan. 1  
 Dec. 31, normal holiday hours  
 Turkey Creek Recreation Area:  
 Closed Dec. 25  
 Dec. 31, normal holiday hours  
 Jan. 1, 10 a.m. to 4 p.m.  
 Little House of the Rockies:  
 Closed Dec. 22 to 25

## Facilities:

Bowling Center:  
 Dec. 24, 11 a.m. to 4 p.m.  
 Closed Dec. 25  
 Dec. 31, 11 a.m. to 1 p.m.  
 Jan. 1, 11 a.m. to midnight  
 Christopher's  
 Dec. 24 and 25 and Jan. 1  
 Dec. 31, no lunch, Barber Shop open 7 a.m. to  
 6 p.m.



Elkhorn Conferen  
 Closed Dec. 24 and  
 Pueblo Deli Dec. 1  
 Neon Sports Salo  
 Dec. 24, closes at  
 Dec. 26, opens at  
 Dec. 31, opens at  
 Jan. 1, opens at 6  
 Jan. 2, opens at 5  
 Fatz Pool&Darts:  
 Dec. 24, 11:30 a.m.  
 Dec. 31, 6 p.m. to  
 Golf Course:  
 Closed Dec. 24 and  
 Divots Grill:  
 Closed Dec. 24 th  
 Grant Library:  
 Closed Dec. 24 and

## Physical

Forrest Fitness C  
 Closed on all holi  
 Garcia Physical F  
 Jan. 1, 10 a.m. to  
 Closed all other h  
 McKibben Physica  
 Thursday, 6 a.m. t  
 Closed all other h  
 Mountain Post Ph  
 Closed on all holi  
 Post Physical Fit  
 Closed on all holi  
 Waller Fitness Ce  
 Dec. 25, 3 to 10 p  
 Closed all other h  
 Indoor Swimming  
 Closed Dec. 20 thr  
 10 a.m. to 6 p.m. a  
 Youth Service  
 Sales run through  
 can be purchased  
 Garden Shop. Hou  
 through Friday no  
 a.m. to 7 p.m. and  
 For more informati  
 3546.

Post Tree Liq  
 Friday at Post He



Photo by Pfc. Socorro A. Spooner

## Pet

### Cuddly-co

This 1-and-a-half year old female mixed breed is currently available for adoption at the Fort Carson Veterinary Treatment Facility. Pets up for adoption are vaccinated and neutered. The treatment facility provides routine preventive medicine and minor sick call services to pets owned by active duty and retired military members. Normal hours of operation for the clinic are Monday through Friday, 7:30 a.m. to

## Chapel

Soldiers Memorial Chapel s a ribbon-cutting ceremony s Dec. 21 at 9 a.m. The ceremony is open to everyone and refreshments will be served.

The 1998 Protestant Children s Christmas Program is Sunday at 6 p.m. at Provider

### Christmas services

Dec. 24 a Catholic children s Christmas liturgy at SMC 5 p.m.

Dec. 24 a Protestant Candlelight service at Provider 6 p.m.

Dec. 24 a 10th Special Forces Christmas Eve service at Veterans 7 p.m.

Dec. 24 a Protestant candlelight service at SMC, Prussman and Healer 7 p.m.

Dec. 24 a Catholic midnight mass at SMC, carols begin 11:30 p.m.

Dec. 25 a Catholic mass at SMC 9:30 p.m.

Dec. 31 a Catholic New Year s Eve Mass at SMC 6 p.m.

## Chapel Schedule

### ROMAN CATHOLIC

Chapel	Service	Day	Time	Location	Cont
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. C
Healer	Mass	M - W-F	11:45 a.m.	Evans Army Hospital	Fr. C
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. J
McMahon	Mass	Sunday	9:30 a.m.	Building 1517	Chap
Veterans	Mass	Sunday	8 a.m.	Magrath & Tius	Chap

### LITURGICAL

Provider	Liturgical	Sunday	10:30 a.m.	Barkeley & Ellis	Chap
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### PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap
Prussman	SS/Samoan	Sunday	8 a.m.	Barkeley & Ellis	Chap
Prussman	Prot/Samoan	Sunday	9 a.m.	Barkeley & Ellis	Chap
Gibson/526-5803					
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Dr. S
McMahon	Protestant	Sunday	11 a.m.	Building 1517	Chap
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Tius	Chap
Veterans	Protestant	Sunday	11 a.m.	Magrath & Tius	Chap

For additional information, contact the Installation Chaplain s Office, building 1517. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force ALC 333-2636. Normally, free child care is available for infants and preschool age children at chapel services. Some worship services offer a children s church for ages 6 to 12.

## Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday, Psalms 4 & Revelation 12-14  
Sunday, Psalms 5 & Revelation 15-17  
Monday, Psalms 6 & Revelation 18-20  
Tuesday, Psalms 7 & Revelation 21-22  
Wednesday, Psalms 8 & Isaiah 1-3  
Thursday, Psalms 9 & Isaiah 4-6



## Chaplain's Corner

Commentary by  
Chap. (Capt.) Ed Williamson  
68th Corps Support Battalion

After the death of Alexander the Great, his empire was divided among his generals. In the north, Syria was ruled by Antiochus Epiphanies who took over as ruler of the land of Israel. The Greeks ruling over the lands of Israel were offended by Jewish religious practices. They forbade the study of the Torah (the first five books of the Bible), Sabbath observance, Feast of the New Moon and circumcision and required engaged Jewish girls to sleep with Greek generals before they could marry their Jewish husbands.

The matter came to a head in a small village called Modi'in, not far from Jerusalem.

Greek soldiers came one day and demanded the Jews sacrifice a pig to their pagan god. At first, no one stepped forward and the Jews stood in proud defiance of their pagan oppressors. Then a Jewish Hellenist volunteered to perform the mock offering. Furious at this outrage, Matitiyahu, from the family of Hasmonian priests, killed the man and the soldiers present. Matitiyahu and his five sons fled to the nearby caves and became the core of a guerrilla fighting unit. Led by Matitiyahu's son, Judah, they were prepared to fight and die to preserve the exclusive worship of Judaism battling the Greeks not only militarily, but religiously as well. After three years of fighting, the Jews captured Jerusalem and rededicated the Temple. They found just one flask of oil,

but the flame, which burned for eight days, nation was enhanced suffusing their efforts and power.

A year later, in the month of Kislev, the Sages of the Mishnah celebrated the festival of Hanukkah, which means dedication. It was their dedication of the Temple to the Jews to reawaken the light of the Torah, just as the Sages of the Talmud did. It was their dedication that sparked them to rekindle the light of the Torah in our own hands. Hanukkah, let us re-dedicate the menorah to fill

# Where and When

## Directorate of Community Activities facilities

### Physical fitness centers/swimming pools

- **Garcia PFC** ph: 526-3944 or 526-5785  
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
- **McKibben PFC** ph: 526-2597  
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
- **Waller PFC** ph: 526-2742  
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
- **Mountain Post PFC** ph: 526-2411  
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
- **Forrest FC** ph: 526-2706  
M-F 5:30 a.m.-10 p.m./weekends and holidays closed
- **Post Field House** ph: 526-1023 or 526-1024  
M-F 6:30 a.m.-10 p.m./weekends and holidays closed
- **Indoor Swimming Pool** ph: 526-3107  
M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holidays, closed
- **Outdoor Swimming Pool** closed

### Miscellaneous

- **Post Commissary**, building 1525, ph: 526-5505  
M, T, Fri. and Sat. from 9 a.m. to 7:30 p.m.; Sun. from 9 a.m. to 5 p.m. and Th. 9 a.m. to 8 p.m. Closed Wednesdays.
- **Grant Library**, building 1528, ph: 526-2350  
M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.
- **Multi-Craft/AutoCraft/WoodCraft Centers**  
W, Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 p.m./Mon. and Tues. closed, ph: 526-0950
- **Community Thrift Shop**, building 1008, ph: 526-5966  
T, W, Th. 10:00 a.m.-2:30 p.m./ Fri. through Mon. closed
- **Turkey Creek Recreation Area**, ph: 526-3905  
W-F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.- 4 p.m./office hours: W-Sun. 8 a.m.-4:30 p.m.
- **Information Tour & Travel**, building 1532, ph: 526-5366  
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays
- **Carlson Wagonlit Travel**, building 1532, ph: 576-5404  
M, W, Th, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed
- **Outdoor Recreation Complex**, building 2429, ph: 526-2083  
M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
- **Pueblo Deli** (Elkhorn), building 7300, ph: 576-6646  
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
- **Fatz Pool and Darts**, building 1129, ph: 526-4693  
T-Th 11:30a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-midnight/Mon. closed
- **The Bowling Center**, building 1511, ph: 526-5542  
Sun.-Th. 11 a.m.-11 p.m./Fri & Sat. 11 a.m.-1 a.m.
- **Cheyenne Shadows Golf Course**, ph: 526-4122  
M-Sun. 6 a.m.-7:30 p.m.
- **Youth Center**, ph: 526-2680  
M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holidays

## Army and Air Force Exchange Service facilities

### Barber/Beauty Shops

- **Ivy Troop Store Barber Shop**, building 2355  
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Prussman Troop Store Barber Shop**  
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Barber Shop**, building 1161  
M-F 7:30 a.m.-4 p.m./weekends and holidays closed



Program Schedule for Fort Carson cable channel 10, today through Dec.18.

**Mountain Post Magazine:** includes stories about Fort Carson and the Colorado Springs area. Airls at 7 a.m., noon, 7 p.m. and midnight.

**Army Newswatch:** includes stories on new breast cancer treatments, Task Force Angel and Native American Heritage Month (repeat of last week). Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

**Air Force News:** includes stories on Hurricane Mitch relief effort, the Air Force

- **Evans Beauty Shop**, building 7500 ph: 540-0462  
M-F 9 a.m.-5 p.m./weekends and holidays, closed
- **Post HQ Barber Shop**, building 1430  
Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next business day)
- **Welcome Center Barber Shop**, building 1218  
Mon. and Th. only 7:30 a.m.-4 p.m.
- **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459  
M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.
- **Mini Mall Barber Shop**, building 1510, ph: 576-8013  
M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m. closed holidays

### Shoppettes/service stations

- **"B Street" Shopette**, building 900  
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
- **Service Station**, building 1515  
M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.

### Alterations

- **Military Clothing Sales Store**, building 307, ph: 576-4516  
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays
- **Mini-Mall**, building 1510, ph: 576-4304  
M-Sat. 9 a.m.- 6 p.m./Sun. 10 a.m.-5 p.m./closed holidays

### Miscellaneous

- **Burger King** (Specker), building 1520  
M-F 6 a.m.-9 p.m.(drive thru until 10 p.m.)/Sat. 7 a.m.-9 p.m. (drive

Academy wins another using falcons to av... last week). Airls at 1 a.m.

Navy/Marine C... ries on the USS Ki... final home game o... Shipshape on imp... good eating habits... p.m., 8:30 p.m. and

Community Cal... gram showing time

Channel 9 dail... eign language new

If you have c... programming or wi... cast on channels 9... Douglas Rule at 52... RuleDo@carson-e... Tisor at 526-1253... Mountain Post Ma... Regional Training... ing of training vide... or 10 at 526-5111.

thru until 10 p.m.)/Sun. 8 a...  
• **Kentucky Fried Chicken**  
M-Sun. 10:30 a.m.-10 p.m.  
• **Class Six**, building 1524  
M-Sat. 9 a.m.-9 p.m./Sun. 1...  
• **Class Six Annex**, building...  
M-Sat. 10 a.m.-7 p.m./close...  
• **Laundromat**, building 60...  
M-Sun. 7 a.m.-10 p.m.  
• **Car rental**, building 980,  
M-F 7:30 a.m.-6 p.m./Sat. 9...  
• **TV Repair/U-Haul**, build...  
M-F 10 a.m.-5:30 p.m./Sat...  
• **Sprint Office**, ph: 579-74...  
M-F 9 a.m.-6 p.m./Sat. 10 a...  
• **Main Store Mall**, building...  
M-Sat. 9 a.m.-9 p.m./Sun. a...  
Vitamin Expo, Optical Shop...  
• **Main Store Mall Espresso**  
M-F 8 a.m.-3 p.m./Sat. and...  
• **Mini Mall**, building 1510...  
M-Sat. 9 a.m.-11 p.m./Sun...  
and Engraving Shop)  
• **Mini Mall Laundry**, build...  
M-Sat. 9 a.m.-6 p.m./Sun. 1...



# Military

## Children get a taste of Army life

by 1st Lt. Carrington Bradley  
3rd Armored Cavalry Regiment

A group of 4th, 5th and 6th grade students from Pinello Elementary School visited the 1st Squadron, 3rd Armored Cavalry Regiment's motorpool Nov. 17.

The students spent the morning climbing in, on and around various vehicles as soldiers of 1st Squadron answered questions and looked on in amusement.

Several young troopers, including Kelly Milatz, put on helmets and climbed into the driver's seat of the Bradley Fighting Vehicle. Milatz seemed annoyed that there was no horn to blast, unlike the humvees, but he enjoyed flipping all the different switches at the driver's position and talking through the headset to his vehicle commander. The students also spent time talking with each other through a network of field phones. The M-113 armored personnel carrier the squadron medics set up for the demonstration also proved popular. Those kids who got a little tired before lunch took a short nap on one of the hanging stretchers inside the vehicle.

Following the motor pool visit, Robert Vegvary, the school counselor, announced everyone would get a meal ready to eat for lunch. To the surprise of the soldiers standing around, the children started screaming for joy and honking the vehicle horns. Lewis Kellerman announced, "I hope I get scalloped potatoes with ham. I love that MRE."

The highly successful field trip was part of a weekly community service program called Tiger Challenge. Staff Sgt. Charles Duesling, the noncommissioned officer in charge of the event, explained that soldiers from Tiger Squadron volunteer their time and spend an hour and a half each Tuesday at the school participating in sports-oriented activities. Past activities included basketball, volleyball and dodgeball. Additionally, Larry Borchik, the school principal, explained that the cavalry soldiers do more than just play games with the kids; they also serve as positive role models.

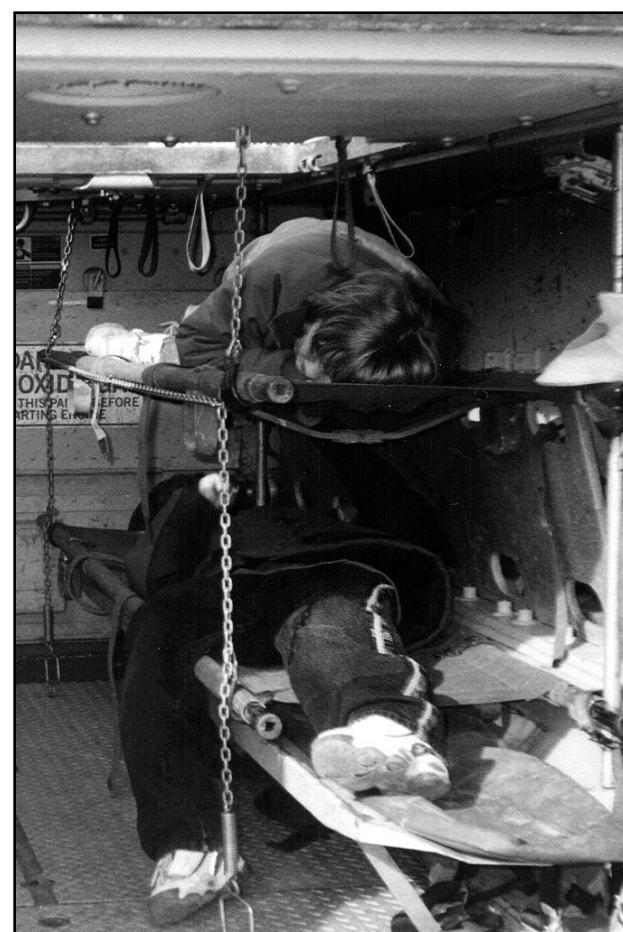
Tiger Squadron has participated in Tiger Challenge for several years and looks forward to continuing the program as part of the 3rd ACR's and the Mountain



A junior commando sits in the hatch of an armored vehicle.



Pinello students wait their turn to check out a tracked vehicle at the 1st Squadron, 3rd Armored Cavalry motor pool.



Children try out the bunks in an armored personnel carrier.



# Holistic approach for health prevention

by Spc. Bryan Beach  
Mountaineer staff

"An apple a day keeps the doctor away." This famous old wives' tale may not be literally true but it still speaks some truth. The idea is prevention, and Fort Carson offers an original and innovative approach to prevention with the Mountain Post Wellness Center. Located on the second floor of the Army Community Services building, the wellness center offers a holistic approach for total well being and health.

"Our approach is mind, body and spirit," said Sgt. 1st Class Ken Carlson, noncommissioned officer in charge of the wellness center. "With the mind we want to ensure an acceptable stress level and stress management. People can come in for stress management classes or anger control classes. With the body we do a lot with nutrition, as far as weight loss, cholesterol control, nutritional classes and cooking classes. For spiritual needs, we have Chaplain Jackson from the hospital slowly getting moved in, so we'll be offering more for spiritual needs in the future," said Carlson.

"My philosophy is that

you treat the total person," said Lt. Col. Laura Kostner, director of the wellness center. "You can't just talk about diet if you don't think about mental health. Are they stressed out? Can they afford the diet you want to put them on? Maybe they need to exercise. We want to address all their needs.

"One of our goals is to get someone familiar and comfortable with an exercise program and then have them go out on their own to the facilities on post. We're not just another fitness center. We're a wellness center," said Kostner.

"This whole facility is meant for the whole Army community," said Carlson. "The idea behind it is a prevention center. (Army Emergency Relief) helps prevent financial problems, Army Family Team Building teaches people how to prevent stress in the family. Most everything associated with ACS is basically prevention. Ours is in helping people prevent health problems. To help people get rid of excess weight, help prevent stress and anger and help with spiritual wellness," said Carlson.

"One of the things that really helps people is to

understand, physiologically, how your body is working. It helps you overcome it. If you just say, 'man, it's hard to breathe here in Colorado,' and you accept it as that, then it's harder for your mind to overcome. You just need to realize that your body will adjust.

"There is no fancy diet that is going to make you lose 10 pounds in a week. It's behavioral modification. If you do drastic changes you won't stick to it. But you can make small changes and little adjustments, and then they become habit," said Carlson.

The many services provided by the wellness center include: free walk-in blood pressure and cholesterol checks anytime, a detailed physical fitness profile can be created, a customized physical fitness training program and a relaxation room which includes soothing music and an advance therapeutic massage chair.

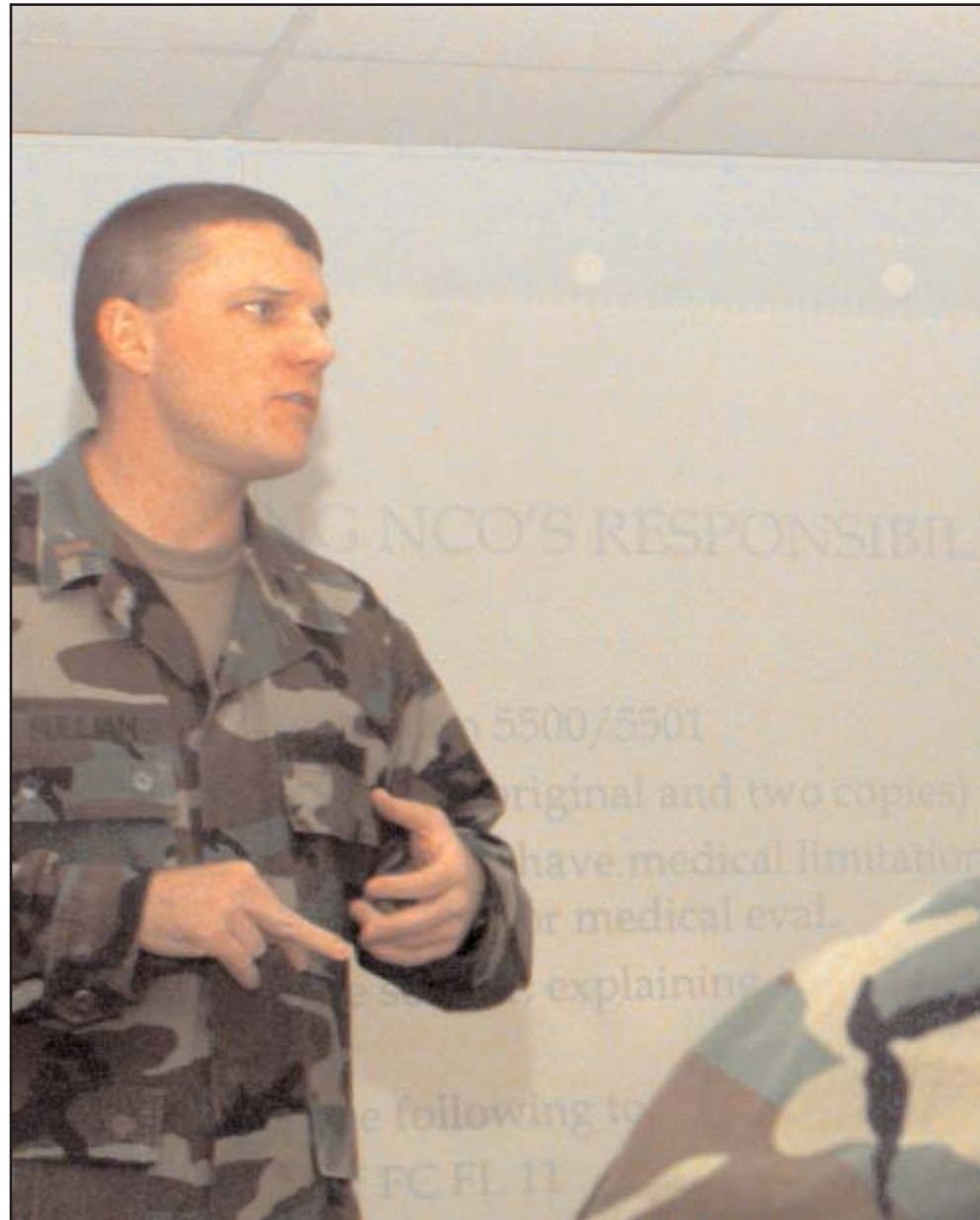
The wellness center's services are open to all active duty and retired military personnel, family members and Department of Defense civilians. It is open Monday through Thursday 6 a.m. to 6 p.m. and Fridays 6 a.m. to 4:30 p.m.



"I definitely recommend this program," said Jeanne, "increasing and I can walk for longer distances since the programs according to an individual's needs."



Specialist Emily Posiko, wellness center, takes a small blood sample from Sgt. 1st Class Bonita Spears-Donnel, from U.S. Army Garrison, for a free cholesterol screening.



Noncommissioned officers from various units on Fort Carson learn about nutrition from 2nd Lt. James Pulliman, a dietician at the wellness center.





Stanley from Directorate of Contracting on Fort Carson. "My strength is the reason I began the program." The wellness center customizes physical fitness



Karen Weichel, family member, utilizes the new machines and state-of-the-art equipment at the wellness center.



out how and when to measure soldiers for body fat composition

## New focus in building 1526

### Mountain Post Wellness Center

You may or may not have noticed a few changes in building 1526 over the past nine months. The building has become a "one-stop for prevention." The center's staff strives to prevent problems before they occur — problems like family stressors, financial woes, fitness shortfalls, spiritual and mental health needs — many of life's stressful issues can be addressed by the professionals gathered in building 1526. The staff can give the tools needed to help prevent problems before they occur.

Army Community Service is still located on the first floor. They continue to provide their many helpful programs such as Family Advocacy Program, Community Outreach, financial counseling, New Family Support, Installation Volunteer Coordinator and Information and Referral. The ID Card Section has relocated to the southeast corner of the first floor. Additionally, all of the installation's unit service coordinators work out of building 1526 to support unit commanders and their Family Support Group leaders.

The Mountain Post Wellness Center recently opened on the second floor of the building. Its staff offers services to assist with planning a better diet, increasing appropriate exercise, de-stressing nerves and checking blood pressure and blood cholesterol. The logo of "body, mind and spirit" represents their approach to the wellness needs of the whole individual. They offer services to active duty soldiers and their family members, retirees and

their families and Department of Defense civilians.

The Family Life Chaplain, also located on the second floor, offers classes and training in spiritual fitness. The American Red Cross is scheduled to move into building 1526 before the first of the year. It will continue to offer its many services from the second floor.

Currently under renovation are four classrooms that can hold up to 100 people. Not only are all of the classes mentioned above held here, this is the new home of the Army Family Team Building Program. These rooms are available to the entire community for use, day or evening, for support groups or meetings. Just call 524-4039 to check on availability.

By co-locating all of these organizations, the center's staff improves services to its beneficiaries and identifies opportunities to coordinate the community resources that increase the quality of life for Fort Carson soldiers and their families. A "systematic" team-based approach is more effective at assessing and identifying issues from a holistic point of view that are individual, stove-piped efforts.

We need your help. We need a name and a logo for the entire building — one that represents this group endeavor to serve this community. Call 526-4590 or 526-3887 or fax your suggestions to 526-3666. A prize will be awarded to the winner. Thank you for your thoughts and please come by building 1526 to see what we have to offer.



# Coordinating efforts saves time and paperwork

by Susan C. Galentine  
Directorate of Environment Compliance and Management

Fort Carson’s Range Control recently teamed-up with the Directorate of Environmental Compliance and Management and the Ammunition Supply Point to make life easier for soldiers preparing for training.

Range Control and DECAM coordinated a unique effort encouraging soldiers to process range smoke approval paperwork through Range Control’s Range Facility Management Support System instead of also going through DECAM.

According to Tami Morton, DECAM Air Quality Program, soldiers previously had to supply DECAM with a Smoke Notification Sheet requesting all ranges the smoke would be generated on, and the identity and quantity of each smoke munition to be pulled from the ASP. DECAM then manually approved each request, notified Range Control and input that data into a separate spreadsheet. Within five days after completion of the exercise, the unit would again have to notify DECAM to finalize the information. All of this was in addition to Range Control’s own requirements.

Morton said the idea to consolidate efforts came about when she recently attended a RFMSS training session at Range Control. Both she and Emad Al-Baaj, Range Control Operation officer, realized they could combine efforts and save the soldiers a significant amount of time and paperwork.

DECAM had initially designed the notification sheet as a means of enforcing the Colorado Department of Public Health and Environment regulation of a three-kilometer buffer zone in which no smoke can be generated. The information has since been used to generate monthly reports to track air quality, permitting compliance and monitor range usage for natural resources.

Starting Jan. 1, soldiers using smoke munitions communicate with both Range Control and DECAM through RFMSS. The RFMSS system instantaneously disapproves any reservation contracts requesting the use of smoke munitions within training areas in the three-kilometer buffer thereby eliminating DECAM’s need for advance notification and stamp of approval.

RFMSS has the capability of supporting many environmental reporting requirements. However, in the past, RFMSS lacked the quality assurance DECAM needed to accurately use the munitions data in compliance demonstration reports. In fact, RFMSS tended to report munitions totals three to 10 times higher than the ASP actually issued, said Morton. Now, with the cooperation of the ASP, once a unit has an approved Reservation Contract, they can proceed to the ASP and draw only those munitions specified. Once the exercise is complete, total munitions used are documented by the ASP and later incorporated within the data in RFMSS. Plans are under way to modify the ASP’s current database and create a permanent electronic link to RFMSS. Once the link is established both databases

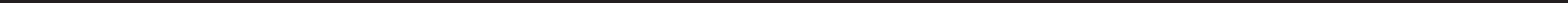
will work together, further increasing the accuracy of the data.

According to Al-Baaj, RFMSS, a Department of Defense wide system, has been in place on Fort Carson since the early 1990s and has been used to track the maintenance of air space, requests for range reservations, training area reservations, air operations scheduling and land maintenance scheduling.

In realizing the potential environmental uses, Al-Baaj linked two DECAM computers to RFMSS. DECAM now has constant online access to the data and reporting options available. In addition, DECAM can now generate compliance reports on demand for air emissions, permit requirements, smoke and obscurant usage, and open burning and detonation activities. DECAM is also currently looking into using RFMSS to monitor munitions for Emergency Planning and Community Right to Know Act reporting and for noise compliance issues.

RFMSS has already proven itself in the ease and accessibility to soldiers who are able to request Fort Carson ranges either from on-post or, if they are linked up to the system, from a remote location, said Al-Baaj. This new partnership ultimately benefits training efficiency and the soldiers on Fort Carson.

For more information about RFMSS, call Al-Baaj at 526-3658.



## Semi-annual AFAP General officer steering committee meeting

*Editors note: This is the continuation of an article that appeared in the Dec. 4 issue of the Mountaineer.*

Another “hot-button” health care issue is that of benefits for retirees over age 65. An extremely complex issue originating in 1995, it remains active as four sites have started delivering TRI-CARE Senior Prime.

Fort Carson; Fort Lewis, Wash.; Fort Sam Houston, Texas; and Fort Sill, Okla., are participating in a DOD Medicare subvention demonstration authorized by the fiscal year 1997 Balanced Budget Act. “What we want to show Congress in the long run is that we can provide better care, cheaper than sending our (MediCare) beneficiaries out to the private sector,” said Kiley.

Other benefit initiatives being tested include the National Mail Order Pharmacy, which eliminates costly co-pay prescription fees. “Right now anyone over 65 has access to a military treatment facility pharmacy, but you have to be at a base realignment and closure site and be over 65 to be eligible to use National Mail Order Pharmacy. We are looking at ways to increase the number of military beneficiaries who can use the national service,” said Kiley.

An equally sensitive subject was the quality

of education. In 1997, parents asked that the disparity between Department of Defense School and Department of State School certification processes be eliminated and that DODDS adopt the DOS accreditation model. That required changing Section 921 of Title 20 United States Code.

“I am pleased to report the FY99 Authorization Act extended that authority to DOD and we are currently working on the implementation instruction that would authorize our families, who are assigned to remote locations where there are no DOD schools the opportunity to send their children to any school,” said Mary Lee Fitzgerald, representative of the DOD Education Activities. The implementation is immediate and as soon as the instructions are finalized, there will be a DODEA media campaign to inform military families of the change.

Command Sgt. Maj. Andrew McFowler, XVIII Airborne Corps, Fort Bragg, N.C., commented that the issue of families having school choice is not limited to overseas locations. He pointed out it can also be an issue at stateside installations like Fort Bragg, where there is no DODDS high school on post and where families have no choice about which off-post public

school their children can attend.

Fitzgerald admitted this is a problem. She pointed out that DODEA does not have any jurisdiction in civilian school districts, but officials are working to “generate some influence” as states address issues of quality education and accountability.

Other agenda issues had to be tabled as too difficult to resolve. One such issue was the request to extend spouse employment preference to spouses being relocated without their sponsors or for those whose sponsors are sent on short-term deployments. Smith explained that expanding the program has “cost and statutory implications because of the current requirement of the law that specifies which spouses receive preference.”

In addition, she said the number of vacant positions available for spouses at any installation has decreased tremendously because of downsizing. On average, there are 3,000 eligible spouses in the program, but less than 200 a year are placed in jobs. “We would be entering more people into the spouse preference program with very little hope of being able to provide them with employment, and it would have a negative effect on those currently eligible,” said Smith.

### U.S. Army Community Family Support Center Public Affairs

In discussions that mirrored the national discourse about health and education, Army leaders worked through solutions to 24 Army Family Action Plan issues at the semi-annual AFAP General Officer Steering Committee Meeting Nov. 20.

The meeting, hosted by Brig. Gen. Craig B. Whelden, commander of the U.S. Army Community and Family Support Center, was chaired by then Vice Chief of Staff of the Army Gen. William Crouch. Representatives from the Department of Defense and the Army Secretariat joined 33 other civilian and military committee members from the Army staff and major Army commands.

Crouch emphasized how important the AFAP and its success is to the Army chief of staff.

Of the 24 issues on the agenda four issues were completed, two were tabled as incomplete, and 18 remained active.

There were good news stories for soldiers and families in the completed issues. Brig. Gen. Kathy Frost, The adjutant general, briefed about managing tuition assistance ceilings. In 1996 the issue it was resolved by giving local commanders authority to waive TA ceiling limits in certain cases. The services have worked together to increase and equalize TA levels across DOD.

“Effective October 1998, the tuition assistance limit in the Army was raised to \$187.50 per semester hour or 75 percent, whichever is less, up to \$3,500 dollars a year for every soldier,” reported Frost. “What that really means is that a soldier going to the University of Maryland can take up to 12 courses a year before he reaches his ceiling of \$3,500. Therefore the necessity for installation commanders to supplement tuition assistance is no longer there.”

Internet technology provided the solution to one issue: the need to disseminate information about federal employment, briefed by Carol Ashby-Smith, deputy assistant secretary of the Army for civilian personnel policy. “When the issue was introduced in 1994, the problem was that information about federal employment was not uniformly being disseminated or received by those who needed it,” explained Smith. “The answer was overtaken by automation when we established a web site, Civilian Personnel Online, where information about all aspects of federal employment, including nonappropriated fund jobs, is posted as well as vacancy announcements,” she said. (The address is [www.cpol.army.mil](http://www.cpol.army.mil))

An installation issue from 1991 was briefed as completed by Whelden. As units were redeployed from the Persian Gulf, they were relocated and reflagged. This meant entire units underwent permanent changes of station, generating a great deal of turmoil. Whelden explained that the vice chief of staff directed an examination of unit moves to ensure quality of life aspects such as movement of family members, exceptional family members, household goods, pets and privately owned vehicles, were included in the planning stages.

“The results were institutionalized in Army Regulation 5-10, which was revised to include consideration of these elements when planning unit moves, and the change was initiated in July 1998,” said Whelden. “Additionally, a quality of life unit move checklist was developed, staffed and distributed to garrison commanders. This checklist is on the assistant chief of staff for installation management’s web site under ‘relocation.’ We think this checklist will go a long way towards reducing turmoil when we have base realignment and closure requirements or when units move from point A to point B,” he said.

The final completed item was a uniform issue.

Soldiers requested a change to AR 670-1, para. 1-10d, allowing them to carry bags over the shoulder, while still maintaining the integrity of the uniform. The change was approved; soldiers may now carry commercial rucksacks, gym bags and like items over the shoulder while walking in uniform or over both shoulders when riding a bicycle or motorcycle. However, if the bag is worn over the shoulder, it must be all black with no logos.

Among the remaining active issues, health benefits and schools generated the most discussion. Brig. Gen. Kevin Kiley, assistant surgeon general for force projection, presented six health care issues, one of which is of special interest to families of deploying soldiers.

In 1997, AFAP delegates asked for written information about the possible side effects or adverse reactions to medications and immunizations soldiers receive during pre-deployment or deployment.

In response, U.S. Army Medical Command commissioned a panel of pharmacists to work with the Center for Health Promotion and Preventive Medicine and write information papers about deployment medications and vaccinations.

“These 26 papers are written in easy, understandable English. They were just approved for loading on the web so corps, division and brigade surgeons, maneuver commanders, as well as hospital commanders and pharmacists around the world have access to them,” said Kiley. This issue remains active while MEDCOM gets the word out that prescription information exists and incorporates the requirement to provide it into Army policy. In a related issue, Kiley reported Army pharmacists should provide the same information about prescription medications to patients who request it.

*Editors note: This is part one of a two part story.*

# More reserves needed on active status

by Jamie Danesi  
Army News Service

Applications are now being accepted for 1,750 positions in the Active Guard and Reserve program.

One thousand of the 1,750 openings are newly authorized by Congress for fiscal year 1999, said Lt. Col. James R. Pullen, a spokesman for the Office of the Chief, Army Reserve.

The Army Reserve has a goal of placing 12 percent of its force in full-time positions. Only 9.6 percent of the force is currently full-time, however, Pullen said. The increase in AGR positions will improve the full-time support ratio and the readiness of the total Army Reserve force, Pullen said.

Positions are available for enlisted soldiers, warrant officers and officers. Soldiers must be in the ranks of specialist through sergeant first class, warrant officer one through chief warrant officer four, and second lieutenant through major.

Soldiers must have their application packets to the Army Reserve Personnel Command in St. Louis, Mo., by Jan. 15. A selection board convenes in March.

Soldiers in the regular Army, National Guard, and Army Reserve are eligible to apply for AGR

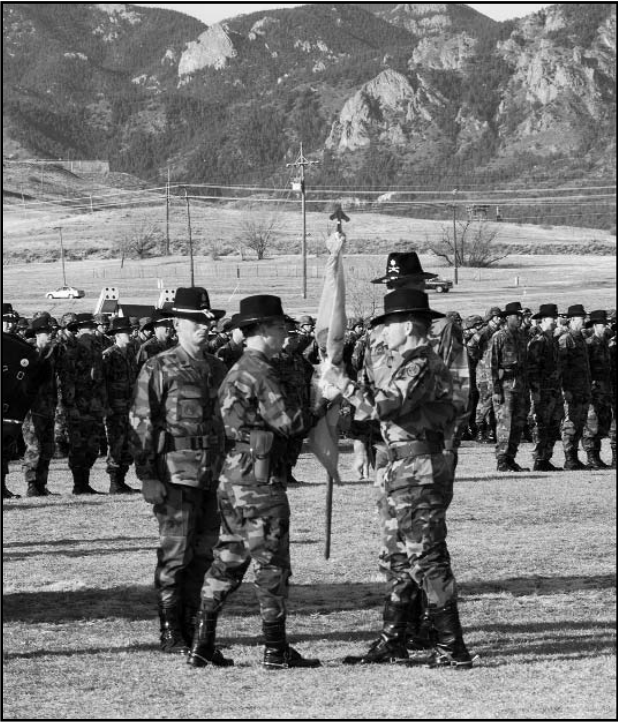
positions, Pullen said. Regular Army and National Guard soldiers must be discharged from their component with concurrent assignment to the Army Reserve before being eligible for the AGR program, he explained. Also, active-duty soldiers should time their application packet submission so they have less than one year remaining from the convening month of the AGR board to their ETS date, he said.

To qualify for acceptance, soldiers must have served less than 13 years of active federal service and be able to pass an Army retention physical (Category 3) and be able to obtain a security clearance. Enlisted soldiers must be between the ages of 18 to 55 and eligible for reenlistment. The AR-PERSCOM webpage has more information on the AGR program, including application advice, benefits, and lists of critically needed career fields. The address is:

[www.army.mil/usar/ar-perscom/gateways](http://www.army.mil/usar/ar-perscom/gateways)

From the homepage click on “full-time support.”

Interested soldiers can obtain an application packet by calling the AGR Entrance Board Branch at (800) 318-5298 ext. 0575, (314) 592-0575, or DSN 892-0575. Applications are also on the AR-PERSCOM web page.



## Change of command

Incoming commander Lt. Col. Joseph DiSalvo, left, receives the 1st Squadron 3rd Armored Cavalry Regiment guidon on Tiger Field Dec. 4. Outgoing commander was Lt. Col. Mark Maiers .



\$how me the money



Stamm

by Sgt. 1st. Class Terri Stamm  
10th Combat Support Hospital

One of our greatest benefits as an active duty soldier is our leave — 30 days of it every year with pay. However, vacations cost money and that means to avoid getting into deep debt, you need to plan.

How many times have you come home from vacation and dreaded seeing your next credit card statement? It's easy to spend money and enjoy your escape from reality. However, you always come back to a mailbox full of junk mail and bills. Here are a few tips to help you plan ahead in order to avoid financial shortcomings before, during and after your vacation.

If you are spending less than a week you can wait until about three to four months in advance to plan. If your are leaving for a week or more, you need to start six month-out. If you are leaving for more than 21 days, or are going out of country, you need to start a year out. Seems like a long time? Well, when it comes to saving and planning, time flies.

The first three things you must decide are

where to go, how long a vacation to take and how much money you can afford to spend. Knowing these things will help you plan the following:

- How much to save each month
- When to go (maybe off-season)
- What type of travel to and from your destination and while you are there (taxis vs. public transportation)
- What type of accommodations (four star vs. camping)
- What type of entertainment to enjoy (tours, museums, restaurants)
- What you need to take with you (clothes, books, suntan lotion)
- Child care arrangements (if necessary)
- Will it be a family trip or a second honeymoon?
- Will you visit relatives?
- Do you plan to buy souvenirs? For whom?

Write all this information down, then start shopping for travel packages, airfares, tours and any other deals you can find. Don't limit yourself to just one travel agent. Read the paper, check out books and magazines from the library and surf the net.

There is all kinds of information out there for

you to plan the perfect vacation. Absorb all the information you can before you make the final decision and start spending money.

Keep your vacation plans realistic. You may not be able to go to Paris this year. Why not look into the Grand Canyon or Mexico, or maybe a holiday at home with your parents. Yes, holidays are like vacations and should be planned, including saving money. Christmas Club accounts don't earn a lot of interest, but your money is there for your holidays.

Want a rough estimate on what it will cost each day where you're going? Just look at the per diem rates for that area. Look at what the government is paying for someone to stay in a hotel, eat out and drive a rental car. That is a mod-range spending estimate that does not include entertainment.

If you don't want to spend that much, or you can't afford it, either look at less expensive lodgings, or change your vacation plans.

Vacations are to be enjoyed. Plan now so you can have fun and not have any financial worries lingering in the back of your mind. Good luck.

Dining Schedule

Week of Saturday to Dec. 18

Weekday Dining Facilities			
43rd ASG Cheyenne Mtn. Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612) 3rd BCT Iron Brigade (building 2061) 3rd ACR Patton House (building 2161) Cav. House Dining Facility (building 2461) Mountaineer Inn Dinning Facility (building 1369)			
Standard Meal Hours			
Mon., Tue., Wed. and Fri.	Thurs.		
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.	
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.	
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.	

Exceptions
• 10th SFG meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Friday.
• Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.
• Patton House and Mountaineer Inn closed Thursday dinner meal.

Weekend Dining Facilities/Meal Hours	
3rd ACR Cav. House (building 2461) 43rd ASG Cheyenne Mnt. Inn (building 1040) 3rd BCT Iron Bde. (building 2061)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for all brunch meals.	

43rd ASG wins turkey day competition

by Sgt. Maj. James Hurst  
Chief, Food Management Operations

The Directorate of Logistics Installation Food Service conducted its first Best Thanksgiving Day Dining Facility Award competition.

The 43rd Area Support Group was selected for the award. The facility was decorated inside and outside. The food service personnel were dressed in chef uniforms and a few wore pilgrim and

Native American outfits. This was a great day for the cooks to show their stuff with a traditional Thanksgiving meal, and the culinary displays added to the family atmosphere. All of their dedication and hard work really paid off.

Iron Brigade, 10th Special Forces and Patton House dining facilities were judged with the same criteria and all of the facilities made an outstanding effort. The competition was keen and quite

close.

The DOL plans to make the competition an annual event.

Major Gen. John M. Riggs, commanding general, presented a plaque to the dining facility manager who accepted it on behalf of the cooks and dining facility attendants. Once again, congratulations to the 43rd ASG Cheyenne Mountain Inn Dining Facility.

# Sports & Leisure

## Alpha 64th ready to challenge for post championship

by Walt Johnson  
Mountaineer staff

It wasn't supposed to be this difficult for the team that came within a game of playing for the post championship last year.

Alpha 64th believes it will be a major player in this year's intramural basketball picture after last season's showing which saw them come so close to winning the championship. Saturday at Garcia Physical Fitness Center, Alpha 64th took another step toward getting to the championship game by defeating a game, but undermanned Services Battery, 3rd Battalion, 29th Field Artillery team, 45-30.

The game looked like a blowout in the beginning as the Alpha crew, led by Terrence Herriton and Ronald Kimbrough, raced out to a 17-4 lead before the first half was 10 minutes old. If the game was being televised, it would be time for the announcers to get the blowout material ready because it looked like it would be a long evening for the Services team.

Over the next two minutes, things didn't look much better as Alpha 64th continued to lead the game 21-7.

Then Services' Danny Gordon caught fire, as Alpha coach/player, Paul Smith, went to his bench. Gordon scored the next eight points of the first half to bring his team within six points at 21-15 at half-

time.

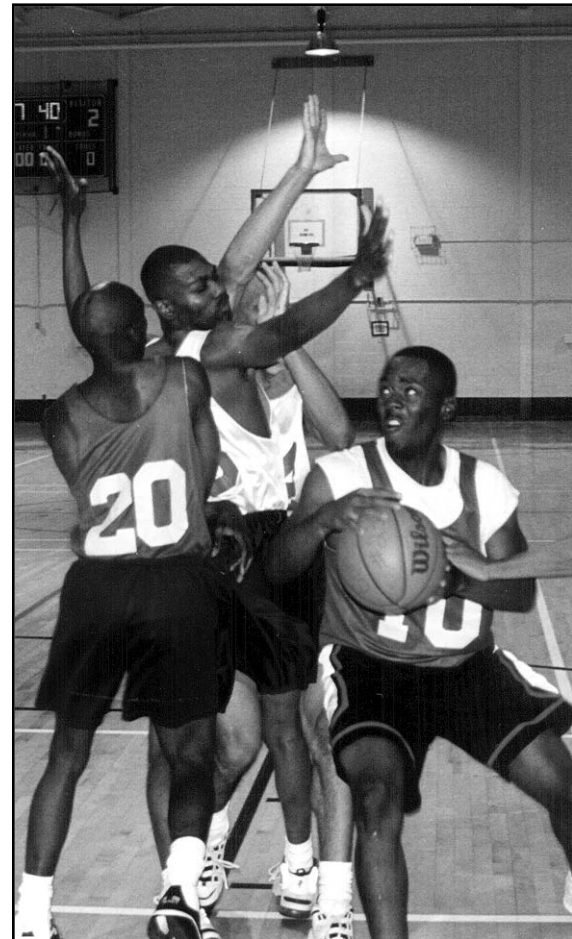
Smith said he went to his bench to get his team some valuable playing time, but the move almost backfired on him. Although Alpha maintained control of the game, there was some concern about their hold on the game.

If the Alpha team thought that was the end of the Services' run, it would quickly find out that wasn't the case as the second half began. Gordon again led to take a 31-21 lead. The teams then scored four points each and Alpha had a 35-25 lead.

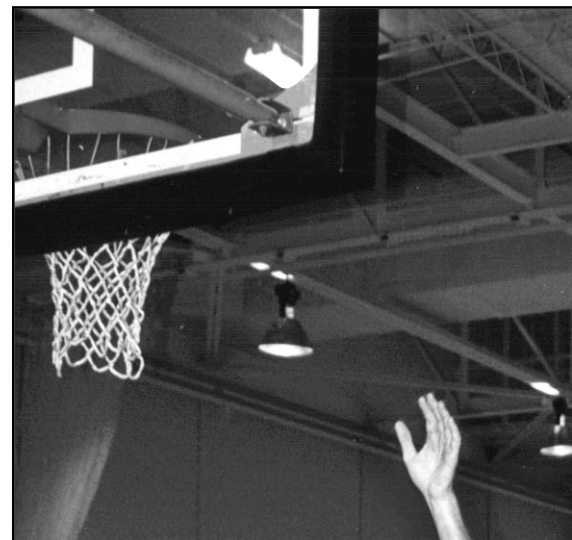
Alpha then kept the advantage at a minimum of nine points throughout the rest of the game to earn their victory.

After the game, Smith said his team is ready to take the next step toward the championship and he knows what they need to do to get there.

"We have a very experienced team and we know what it will take to win the championship. Our goal is to win the championship but we know right now we have some work to do. We have to improve on defense and stop reacting to other people. We are the type of team that doesn't have one player that dominates. We play a team game, don't think about individual statistics. All we care about is what it takes to get the team a W (win)."



Service Battery 3/29 guard Danny Gordon scores the basket during first-half play at Garcia Physical Fitness Center Saturday.



# Lady Mountaineers run past "Sucking Air"

by Walt Johnson  
Mountaineer Staff

The Fort Carson Lady Mountaineers varsity basketball team rode the strong inside play of Icyrene Clarke and the outside dominance of Kathy Cade and Katina Miles to a 46-41 victory over "Sucking Air" in Colorado Springs women's basketball action Wednesday.

The game matched two of the better teams in the league and early on it looked like two fighters that were scared to take their best shot because the other person could counter punch so effectively they could be knocked out.

Neither team could establish its potent offense in the beginning of the game, though both tried desperately. Both teams tried to establish their outside game to no avail as they missed jump shot after jump shot. Even the inside game was lacking for the first seven minutes of action as each team struggled to find the bottom of the net.

After eight minutes of action each team could only score six points, and it was not clear whether it was good defense or poor offense that was the cause. The only thing that seemed certain was whoever was able to get a four- to six-point lead would probably get control of the game.

The Lady Mountaineers got the four point advantage as Cade and Valerie Sweitzer each scored baskets. Just when it seemed like the post team would be in a position to put their opponents away they let them back in the game by missing fast break lay-up opportunities on two consecutive possessions.

Sucking Air's Odessa Francis hit a short jump shot to pull her team within two points of the post team and it looked like they had blown a great opportunity to put some distance between themselves and their opponents.

Carson's April Fauver scored on a lay-up to put the post team up by four points again and after a



defensive stop and a time out, the Lady Mountaineers went up by six points when Sweitzer scored on an offensive rebound.

Sucking Air then scored the next five points of the game to take their first lead of the night at 15-14. Cade made a short jump shot to give the post team the lead back at 16-15 and they stretched the lead to three at 18-15 before their opponents answered with a five-point run to retake the lead at 20-18.

The teams traded baskets for the rest of the half with neither getting more than a two point lead. At the end of the half the Lady Mountaineers had earned a two point advantage at 24-22, but the story of the game was unfolding. Neither team could shake the other, and it looked like the last team with the ball would win the game.

The first half of the game had no player who would step up and take control of the action. The team's seemed so evenly matched that it was hard

to see how this game would end.

As the teams started the second half, it was like a carbon copy of the first. The game was cold and couldn't move. The stretch of action was long and the game unfolded with about the same pace.

The post team had a scoring spree that took them to 26-22 at this point. The Lady Mountaineers would have to wait until their team's next 12 point run to take the lead. It would be the next 12 points that would win the game for the Mountaineers in a 36-22.

After Sucking Air's Odessa Francis hit a long three-point shot to give the Lady Mountaineer a 36-22 lead, the circle to give the game a seemingly a strong lead.

But the post team's scoring spree over the next 12 points was enough to run off a 10 point lead. The game was in the game at 42-36.

After a lay-up by Odessa Francis, the Lady Mountaineers had a 44-36 lead. Sucking Air's Odessa Francis again scoring the next three points to pull within 44-41. It was time to see who would give the answer to that question. The Lady Mountaineers as the post team was sure and didn't allow Sucking Air to shoot off the rest of the game. The Lady Mountaineers took two more points from Sucking Air and take home the victory.

The Lady Mountaineers won the game at 46-41. The game was played at 7 p.m. at the Panarama Middle School in Colorado Springs.



## On the Bench

# Don't make those Super Bowl reservations



by Walt Johnson  
Mountaineer staff

*It's my two cents, I hope  
I spend it wisely!*

Nowadays it is very popular to say the Super Bowl this year will be played by the Denver Broncos and the Minnesota Vikings.

But before you start making those reservations

for Miami, Fla., where Super Bowl XXXIII will be played Jan. 31, remember there were a lot of great Super Bowl matchups that never happened, although many thought they would after week 15.

With that in mind, let's look at what this year's playoffs may look like with three weeks of the regular season left.

In the NFC the playoff picture is just about set with the Minnesota Vikings about to wrap up home field advantage throughout the playoffs. Maybe! The Vikings have clinched the NFC Central title and a first-round bye in the playoffs. They can clinch home-field advantage throughout the NFC playoffs if they win Sunday and the Atlanta Falcons lose.

The rest of the NFC playoff picture is starting to take shape also. The team I love to hate the most, the Dallas Cowboys, can get back into the playoffs if they win Sunday at Kansas City, and the Arizona Cardinals lose Sunday against the Philadelphia Eagles.

The Green Bay Packers can clinch a playoff berth with a win against the Chicago Bears and a

Tampa Bay loss or tie against the Pittsburgh Steelers; or Arizona and New Orleans losses or ties to Philadelphia and Atlanta.

In the NFC West, the Atlanta Falcons have clinched a playoff berth, and can clinch the division title and a first-round bye with a win over New Orleans and a San Francisco loss to Detroit on Monday night.

The San Francisco 49ers have already clinched a playoff berth which leaves only one berth alive. Realistically, the Buccaneers, Cardinals and Saints are fighting for that last spot and it should be the best battle in the NFC the rest of the year. My pick is the Cardinals to win the last spot.

If the teams finish the way I believe they will, look for the Vikings, Falcons, Packers and Cardinals to reach round two in the NFC.

I think the championship will then be decided by the Falcons and Vikings in the Metrodome. More on this matchup later.

In the AFC this will be an interesting playoff scenario to watch. There are so many unanswered questions on this side of the ball that it's hard to get a gauge on it right now. But I'll try!

The Denver Broncos have clinched the AFC West title, a first-round playoff bye and home-field advantage throughout the AFC playoffs. Isn't this only week 14? How in the world has Denver got all this stuff wrapped up so quickly?

In the AFC East, at least three of the four teams in contention right now should make the playoffs. The Buffalo Bills can clinch a playoff berth with a win over the Oakland Raiders, who should just love the weather in upper New York this

time of the year, and Bay and Tennessee

The Miami Dolphins with a win over the Tennessee loss or tie St. Louis Rams and Patriots on the other with a win and losses Tennessee. The Jets or losses by Oakland

The Jacksonville Jaguars tie their game with a berth. So it looks like get first round byes and Patriots all make

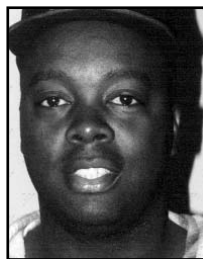
Again if things Jaguars and Broncos championship game. In the to avenge the last two where they have been Stadium. The Broncos and what better motivation the Broncos' dream Bowl?

In the NFC, people the last thing you should Atlanta Falcons coach key playoff game. Really all world wide reception Vikings and win at the

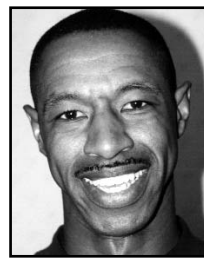
If this scenario could meet the Jacksonville say. Quick, who thought Super Bowl last year

# Pigskin Picks

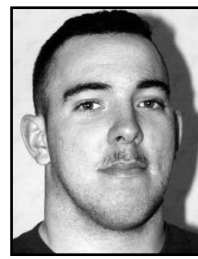
## NFL Week 15



Spc. Daniel Thomas  
HHB 3/29 FA



SFC Dudley Stone  
HHB 3/29 FA



SSG Tracy Shor  
HHB 3/29 FA

Atlanta at New Orleans	Atlanta	Atlanta	Atlanta
Chicago at Green Bay	Green Bay	Green Bay	Green Bay
Cincinnati at Indianapolis	Indianapolis	Cincinnati	Indianapolis
Dallas at Kansas City	Dallas	Dallas	Dallas
Minnesota at Baltimore	Minnesota	Minnesota	Minnesota
Oakland at Buffalo	Oakland	Oakland	Buffalo
Pittsburgh at Tampa Bay	Tampa Bay	Pittsburgh	Tampa Bay
Tennessee at Jacksonville	Jacksonville	Jacksonville	Jacksonville
Washington at Carolina	Carolina	Washington	Washington
N. Y. Jets at Miami	Miami	Miami	Miami
Detroit at San Francisco	San Francisco	San Francisco	San Francisco



## Downhill through tracks, trails and moguls



Photo by Byron Hetzler

Skiers take to the air at Winter Park Ski Resort.

# Skiing on top of the world

by Sgt. Eric J. Hansen  
Public Affairs Office

he weather outside wasn't quite frightful—it was downright hot for winter just last week. Some people would prefer it to remain in the 70s through the spring. However, for a growing population of skiers and snowboarders, this was hell.

Why would people be upset with clear skies, warm days and no threat of wet? Because it doesn't help a sport which relies on cold

Information, Tour and Travel offers an array of ski and snowboarding packages. One of the locations that ITT has lift tickets for is Winter Park Ski Resort in Winter Park. The park is known for teaching Coloradans to ski and they've been at it for 59 years.

Winter Park was a city park operated by the city of Denver and designed for beginning skiers and those who loved to escape to the nearby mountains, said Mary Nichols, spokesperson for the Winter Park resort.

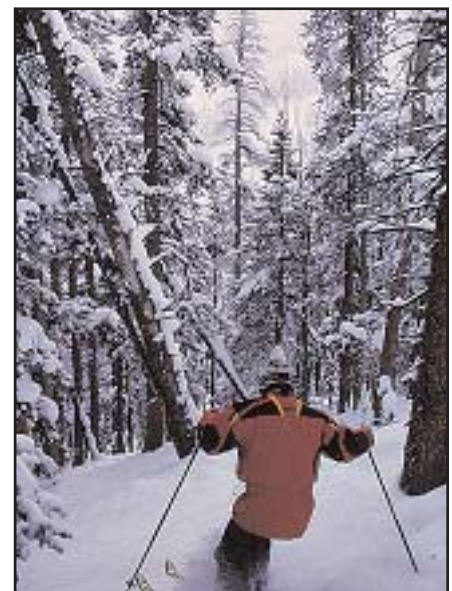
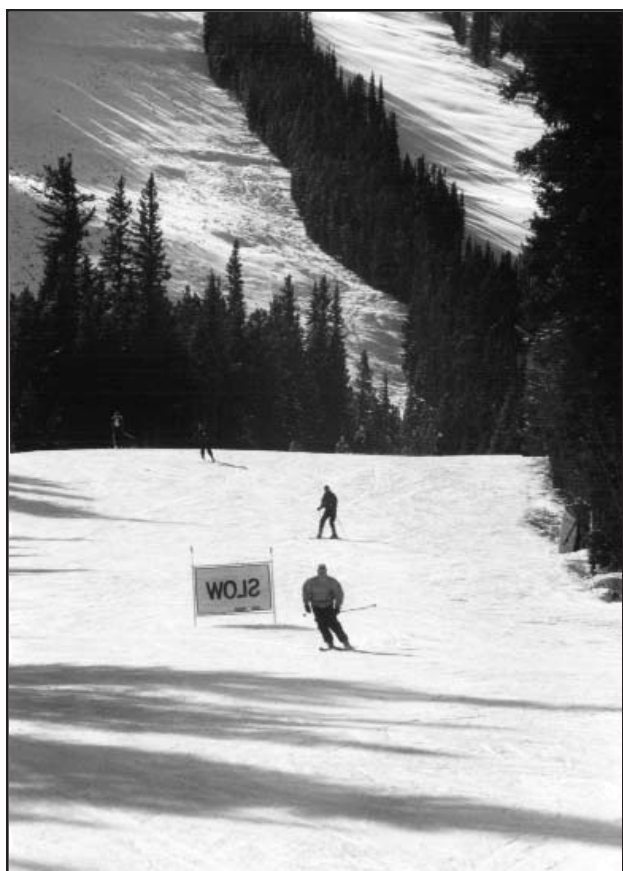


photo by Byron Hetzler

**A skier finds his way downhill through the powder and trees.**





**Above left: Skiers wend their way down a scenic slope. Above center, a skier on a beginner slope enjoys the spring-like skiing conditions in late November.**

## Ski

From Page B1

because there is no reason for me to go anywhere else this place has it all. With almost 3,000 acres at their disposal, it's not hard to see why skiers of all ages and skill levels get their fill of adventure.

The resort is divided into four different areas: Winter Park, Mary Jane/Parsenn Bowl, Vasquez Ridge and Vasquez Cirque.

Winter Park (base) itself has variety that other places wish they had. Its trails are a mix of 32-percent beginner, 27-percent intermediate, 15-percent advanced and 26-percent expert. Then add in Vasquez Cirque, which is 100-percent expert, and you have the prime reason Winter Park Ski Resort appeals to the masses.

We have never reached our capacity

which are high speed lifts, to whisk people to various runs and to disperse the crowds throughout the runs.

With that many lifts, people usually don't wait longer than five to six minutes in a lift line, Nichols added.

Even though the weather in the Springs area might be warm, the same might not apply to the high country.

Winter Park Ski Resort also has snowmaking ability, which covers 26 trails and almost guarantees an opening date in early November each year.

Even though it opens in November, Winter Park stays open for skiing until Memorial Day, allowing avid skiers to take advantage of spring skiing.

The runs open at 9 a.m. and close around 4 p.m., giving people the chance for an all-day adventure. The well-groomed slopes can handle any level of skier at any time of the day.

However, when the sun drops behind

**Jared Hansen, 4, during his first ski lesson. Jared Beltman, children**

Winter Park can help develop an area

We're unique in our ski schools. Most (age 3), we offer day care for and older.

Ski schools work with a skier as well as the resort has several variety of runs. Ski green run (beginner) (expert). Whatever they are guaranteed to challenge them.

Ski schools at points of ski equipment way to drink your right-of-way and



## Community Events ACS

**The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Dec. 20 from 1 to 3 p.m.** These forms are basic federal employment applications. The workshop provides insight into completing applications and general hints about the most effective ways to describe professional experience. To register or for more information, call 526-0452.

**The Family Member Employment Assistance Program holds a resume workshop Wednesday from 1 to 3 p.m.** The workshop covers a variety of resume styles. For registration and information, call 526-0452.

**Family Advocacy Program will begin Nurturing Program classes Jan. 11 and 13 for parents of 0 to 5 and 4 to 12 age group.** Zero to 5 age group meets at the Hillside community center from 12:30 to 3:30 p.m. Four to 12 age group meets at the Spritual Fitness Center from 5:30 to 8:30 p.m. Registration deadline is Dec. 16 between 9 a.m and 3 p.m. For more information, call 526-4590.

**The Army Community Service Loan Closet is in need of cookware and various items for the holiday season.** Items needed are: cookie sheets, large baking pans, large casserole dishes, roasting pans, mixing bowls, muffin pans, measuring cups, serving platters, potato mashers and turkey basters. All donations are greatly appreciated and help to better serve families relocating to Fort Carson.

There are two drop-off points: the welcome center, building 1218 and ACS, building 1526. For more information, call 526-0349.

**ACS is looking for volunteers for the Volunteer Income Tax Assistance program.** Volunteers would work under the direction of the Legal Assistance Center at the Staff Judge Advocate office and must attend one week of Internal Revenue Service training in January. A competency examination must be passed in order to volunteer as an income tax preparer. Assistance is

For information on future productions, call the special events line at 526-3677.

## Miscellaneous

**The Fort Carson Red Cross is offering a Community CPR and First Aid class Saturday and Jan. 9 and a Babysitting course Dec. 19.** The CPR course is from 8 a.m. to 5 p.m. and costs \$45. The Babysitting course is from 8:30 a.m. to 4:30 p.m. and costs \$25. Both classes are taught in building 1641. For more information, call 524-1279 or 524-1278.

**The Fort Carson Officers' Wives' Club Charitable Association is selling the Fort Carson tapestry afghan for \$48.** All of the proceeds from the afghan go back to the community. To order by mail write: Fort Carson Officers' Wives' Club Charitable Association c/o Ruth Hale 460 Dix Circle Colorado Springs, CO 80911 or call 391-2873.

**The Fort Carson Thrift Shop grand opening ribbon-cutting ceremony is Jan. 6 at 10 a.m. but open through Dec. 18.** There will be refreshments and door prizes throughout the day. The location of the shop is building 1008 on Wetzel Ave. The shop is closed Dec. 18 to Jan. 4 for the holidays. Any request for charitable funds are to be turned in by Jan. 15. For more information, call 526-5966.

**The Army Career and Alumni Program conducts an Olsten Staffing Services recruiting day Wednesday from 10 a.m. to 2 p.m.** For more information, call 526-1002.

**The Fort Carson Martin Luther King Jr./Black History month celebration committee meets every Thursday at 1 p.m. at the Post Physical Fitness conference room.** For more information, call 526-3385.

**Fort Carson's Grant Library offers many books on topics such as Christmas history and folklore and holiday decoration, cooking and crafts.** For more information, call 526-2350.

**Road and parking lot construction is underway at the intersection of Specker Avenue and Prussman Boulevard and also at Manhart Field.** Construction will be complete within a few weeks, weather permitting. For more information, call 526-9235.

APO AE 09397  
To any Navy or  
ship:  
Any Servicemen  
Operation Joint  
FPO AE 09398-

**Troy State Univ**  
**winter semester is u**  
The winter semester  
TSU offers a low co  
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and The Fountain V  
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**Dreampower A**  
**offers "Santa Claw**  
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**Saturday from 11 a**  
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For more informatio

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**quages through De**

## Military Briefs

**The Commanding General's Newcomers' Expo and Briefing is scheduled for today from 1 to 3:15 p.m. at the Elkhorn Conference Center.** Spouses are welcome and child care should be prearranged by calling 526-5977. This briefing is mandatory for all newly assigned soldiers and officers to Fort Carson. Duty uniform is mandatory.

**1st Battalion, 68th Armor's Recon Platoon uses CS gas in the Nuclear, Biological, Chemical Chamber, Wednesday, 7 a.m. to 4 p.m.**

**The Fort Carson Safety Office conducts the following safety courses.**

- Motorcycle Safety Course, building 1117, room 309A; Jan. 12, Feb. 9, Mar. 9 and 23.
- Three-day Safety Officer Training Course, building 1117, room 223, Jan. 11 to 13 and March 15 to 17.
- Hazard Communication Train-the-Trainer, building 1550, classroom A, Feb. 9 and 23.
- Local Radiation Protection Officer Course, building 1550, classroom B, Feb. 23.

Attendees are required to bring a copy of their respective duty appointment memorandum to the three-day Safety Officer and Hazard Communication Courses. The following items are required for attending the Motorcycle Safety Course: motorcycle, driver's license, vehicle insurance, registration, closed finger gloves, leather boots, reflective vest and motorcycle helmet.

For more information, call Curtis Faulk at 526-8044.

**The Civilian Personnel Advisory Center is closed on Tuesday from 11:30 a.m. to 4 p.m.**

**The Colorado Army National Guard is recruiting warrant officers in the following military occupational specialties: 131 targeting offi-**

cer, 180 special forces assistant detachment commander, 420 military personnel technician, 915 maintenance technician and 920 supply/property book technician. These positions are for traditional guardsmen only. Interested warrant officers should call (800) 762-4504 ext. 3174 or (303) 397-3174.

**The following are upcoming classes offered by the Directorate of Logistics:**

- Forklift Safety Training Jan. 6 and Feb. 9.
- Bus Driver Course, Jan. 25 and Feb. 1.

See your unit training noncommissioned officer to schedule classes with Individual Military Training.

**The 3rd Cavalry Association is now recruiting volunteers to work in the museum gift shop.** Shifts are no more than two hours. For more information, call 526-1368.

**A board for Officer Candidate School is to be conducted at Personnel Command, Alexandria, Va., March 22 to 26, 1999.** The local board is Jan. 19 through 22. All applicants are required to attend and must wear Class As. Applicants should be prepared to appear before the board members at 10 a.m., Jan. 19. All packets must be received by the 4th Personnel Services Battalion, Personnel Actions Branch, building 1118, room 317, by Jan. 4. For more information, call Spc. Ivan E. Vila at 526-4039 or 526-1906.

**Effective Jan. 1, all federal payments are made via electronic funds transfer.** This rule is a result of the Debt Collection Improvement Act of 1996 and affects Army vendors, all soldiers and Department of the Army civilians.

**The Abandoned Vehicle Sales and Salvage Lot, building 3660, closes at 11:30 a.m. Dec. 18 for its Christmas party.**

**The office of the Inspector General is closed from 11:30 a.m. to 3 p.m. Thursday for a holiday party.** Office hours during the holiday schedule are from 7:30 a.m. to 4 p.m.

**Nominations and Fort Carson Safety Awards.** Commanding general, brigade, battalion, division. Additional duty safety consideration. Nomination period: 12 months in position, implemented within 30 days of accident reports, the enhancement of the unit accident prevention program. Safety Occupational Safety Awards Board. The commander's appointment Certificate of Merit. Commanding general, and

**Headquarters, Infantry Battalion Chemical Chamber.** noon. For more information, call Jennings at 526-6021.

**An Army ROTC scheduled every Tuesday in room 203C at 11 a.m.** For more information, call Jennings at 526-6021.

## Fraud, waste and abuse

**The Fort Carson Command has implemented a Fraud, Waste and Abuse program.** This program allows members to report incidents of suspected abuse.

To report suspected fraud, waste and abuse to the government, call the hotline. Callers can remain anonymous. Information is confidential. However, leave enough information for a follow-up.

## Sports & Leisure Athletics

For more information on the Gold Kings, tune into Hot Talk 1460 on your AM radio dial.

For more information on the Tigers, tune into "The Jock" 1240 on your AM radio dial.

**The Fort Carson Outdoor Adventure Program offers cross-country skiing excitement**

**forest beginning Dec. 18 by the Information**

The harvesting of the forest, saws and chainsaws. Day and find their own way.

Cost is \$15 per person. Although prices will not be the same.

## Get Out!

**Hansel and Gretel**

A fairy tale opera, performed by the Opera Theatre of the Rockies, along with the Colorado Springs Symphony, is at the Pikes Peak Center, Dec. 18 and 19 at 8 p.m., and Dec. 20 at 8 p.m.



Photo by Nel Lampe

**A collection of nutcrackers includes several princes who could easily become the nutcracker in Clara's dream.**

Call 520-SHOW or 633-6698 for tickets or visit TicketMaster. Prices range from \$8 to \$40.

**Concert and laser show**

"Sights and Sounds of the Season" is a laser-light show and pipe organ concert, Dec. 19 at 2 and 7 p.m., and Dec. 20 at 2 p.m. Admission is \$4 for adults and \$3 for children. The concert is at the City Auditorium, 221 E. Kiowa.

**Concert**

Colorado Springs Youth Symphony performs a "Holiday Pops Concert," at Palmer High School auditorium, Dec. 13 at 3 p.m. Tickets are \$5 for adults and \$3 for children.

**Cantata**

A Christmas cantata — "A Christmas Festival," is presented at Lewis Palmer High School, just off I-25 in Monument, 7 p.m. tonight and Saturday. Tickets are free, but are required. Phone 481-3600 or 481-3883 to make arrangements.

**New Year's Eve concert**

"A Night in Vienna," an annual tradition on New Year's eve, is Dec. 31 at 8 p.m., in the Pikes Peak Center, 190 S. Cascade Ave. Featuring Strauss music in the Austrian tradition, tickets are \$10 to \$38. Call 520-7469 for information.

**Santa for president?**

"Santa Claus for President," a barbershop harmony concert featuring the Highland Harmonizers and Velvet Hills Chorus is at Wasson High School auditorium, 2115 Afton Way, at 3 and 7:30 p.m. Tickets cost \$10 for adults, \$8 for teenagers and \$4 for children ages 5-12 years old.

**The Nutcracker**

There are a few more chances to catch the traditional holiday ballet "The Nutcracker." It's performed in Pueblo at the Sangre de Cristo Center, 210 N. Santa Fe Ave., 2 and 7 p.m. Saturday and Dec. 12 and 2 p.m. Sunday and Dec. 19. Tickets are \$8 for adults and \$6 for students. Call (719) 542-1211.

**Victor**

Christmas activities with a Victorian theme. At the Pikes Peak Center, Sunday and Dec. 20 at 2 p.m. and Saturday. Call (719) 542-1211 for tickets.

**Lig**

If you missed the Christmas concert in Colorado Springs, you can catch one in Woodland Park. The concert at Woodland Park is at 8 p.m. on Highway 160.

**S**

The Seven Falls Christmas concert begins the holiday season beginning at 7:30 p.m. on Dec. 28 (except for Christmas Eve at 8 p.m.). There's no admission charge, but a \$3 donation is requested. Dress warmly for the evening at night. Seven Falls is located on Highway 160, Cheyenne Canyon Road.

"Scrooge, the Musical" is at the Colorado Springs Music Theatre, 1000 Woodmoor Drive in Colorado Springs, Sunday and Dec. 18 at 8 p.m. only; tickets are \$9. Call 481-3000 for reservations.

**Chris**

"The Best Christmas Concert" is at the City Auditorium Saturday, Dec. 19 at 2 and 7 p.m. Tickets are \$10. Call 520-7469 for tickets.

**Holi**

The Pueblo Youth Symphony's holiday concert Sunday, Dec. 13 at 7 p.m. on the University of Pueblo campus. Performance is free. U.S. 160, Pueblo, just off I-25. Call 781-4444 for tickets.



## W orth Hearing

Ratings:

★★★★★

5 = a must buy

4 = pitch in with a friend

3 = see if a friend bought

it

2 = wait for radio release



Artist: Various

Title: A Christmas to Remember

Label: Velvel Records, New York

Rating: ★★★★★

by Adam Curry  
Mountaineer columnist

Well, no doubt now, Christmas is here! That joyous time of mall madness, shop 'till midnight sales, everyone driving who shouldn't and a gazillion toy commercials breaking up your 134th viewing of "A Christmas Story." One might wonder, "Was Christmas always this way?" That, my friends, is another debate all together. So instead, I bring some respite. For those of you who can't set foot in another discount store for fear of Johnny Mathis and the New York Philharmonic ruining what

remains of your fond childhood memories, here is

I, for one, am done with the classic renditions. Receiving this album was a welcome relief. It not only gave me a chance to put their fingerprint on some classics, but it also gave me a chance to already made their mark as Christmas in the '90s. The only track of the album has to be The Smithereens version of "Rudolph the Red-Nosed Reindeer." A lot of whooping and hollering, and it carries a refreshingly upbeat tempo, and a solid bass line.

Some other wonderful artists appear on this album, including original tunes (you don't see much of that nowadays). The melody on track 6, her original composition, "The Christmas of You and I," is a reminder of you away from family ... Jill understands, and so do we. "Without You," Todd Thibaud builds an almost melancholic melody, an unfortunate reminder that the holidays aren't what they used to be, maybe they can be. For you lovers of antiquity, no matter how old, "Little Drummer Boy" and "Ave Maria" are still a

In a time where the true spirit of Christmas can be lost in the dis-ordered aisles, and soiled on the traffic-ridden streets, it's good to have artists who still remember that Christmas has a deeper meaning. Have faith, my friends, and definitely pick up this album.

Listen loud, listen often, and for heaven's sake, listen to the music!